

Statistics Report 11219, Gourd, white-flowered (calabash), cooked, boiled, drained, without salt

Report Date: October 08, 2015 11:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	95.32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	3.69	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Fiber, total dietary	g	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	11483	08/2011
Minerals													
Calcium, Ca	mg	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	0.25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	8.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.144	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total polyunsaturated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984

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Tryptophan	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2011